

GRAPESVINE

VISITACION VALLEY

NUMBER 97

SERVING OUR COMMUNITY

AUGUST 1994

Sunnydale Unveils Its Model Building



Crew prepares the new model building for ribbon-cutting ceremonies prior to the open house.

Mayor Frank Jordan and San Francisco Housing Authority Executive Director Felipe Floresca joined SFHA staff and Sunnydale residents in unveiling a completed model building consisting of four family units July 20 at noon in front of the Sunnydale Community Center.

Built to gather resident and community input while finalizing construction detailing to avoid change orders, the model is the first phase of the Sunnydale master plan calling for complete rehabilitation of all 767 existing apartments in the next decade to maximize privacy and security.



Mayor Frank Jordan delivered an inspiring speech June 20 at the new Sunnydale model building.

Recycling Program Continues Giants Ticket Drawing

By David Assmann
Public Outreach Coordinator,
S.F. Recycling Program

It's Tuesday evening at 7 p.m. Your phone rings, you answer, and the person at the other end says: "Hi, I'm calling from the San Francisco Recycling Program. We're calling folks in your neighborhood tonight to tell them about the recycling services that are available to them, find out if they are satisfied with their recycling services, and tell them about the City's Go to Bat for Recycling drawing for free Giants tickets."

Living in the southern half of the City, you may well receive such a call this summer. More than 10,000 households are being contacted as part of the Recycling Program's summer outreach campaign.

So far, our outreach recycling team has spoken with more than 2,000 households and response has been great! Everyone generally wants to recycle the right way, so based on commonly-asked questions, here are some recycling tips:

*You don't have to use a blue bin to recycle! Simply put your recyclables out in paper bags, or tie paper up with a string and put it out at the curb.

*If you want a blue bin, have had one stolen, or simply didn't get one, call 330-CURB. There is no charge.

*Following are items currently recyclable in the S.F. Curbside and Apartment Recycling Program: junk mail; cardboard boxes; office paper; newspapers; cereal and other dry food boxes; phone books; magazines and catalogs; paper bags; tin and steel cans; aluminum cans; glass jars and bottles; and plastic two-liter soda bottles.

*Plastic bags, styrofoam and other forms of plastic aren't recyclable because there is currently no market for most plastics. Anything unrecyclable won't be collected.

*Please do not put out your recyclables in plastic bags.

Until August 31, competition for tickets - 1,000 were donated by the Giants for their September 16 game against the Houston Astros - is open to residents of Mission, Excelsior, Visitacion Valley, Bayview, Hunters Point and OMI neighborhoods by entering the drawing for a pair of Giants tickets - filling out the Go to Bat for Recycling cards each time they recycle.

Earning a chance for Giants tickets is simple and easy. If you live in a building with five units or less, just put the card in the blue bin with your recycling - paper should be in a paper bag or bundled with string, while containers should be put directly into your blue bin. If you live in a building six units or more having large recycling containers, put paper in the gray bin, containers in the blue bin and mail in your recycling card.

You can enter every week - up to five times in August. We'll be draw-

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How Americans are Making Food Choices

Tastes Great! Less Filling! Think good-tasting food and eating healthfully are mutually exclusive? Think again.

According to a new Gallup survey, Americans today recognize they don't need to sacrifice taste to eat right. Rather, they can enjoy their favorite foods in a way that combines the basic tenets of a healthy diet: balance, variety and moderation.

In a telephone survey of a national

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Girls Against Gangs Talk About AIDS

Both AIDS and relationships were topics of discussion in a very informative June 23 Straight Talk, monthly cable show of Girls Against Gangs, seen every fourth Saturday at 8:30 p.m. on City Visiona, Channel 53. Next show is scheduled August 27.

"AIDS doesn't discriminate!" was the underlying message of members Brandy Alexander, Beauna Clark, Roshone Bible, Trina Boyd, Angela

Jefferson, Samantha Jefferson, Nicole Johnson, Talanda Sunshine Turner, Dornesha Princess Turner, and Monica Whitely, who joined GAG Director Shirletha Holmes-Boxx in an outdoor forum at Visitacion Valley Community Center to effectively present current statistics of the epidemic while relating their own crucial experiences in relationships, teen pregnancy, and safe sex practices.

Mayor, Supervisors Support Reform of City Salary System

Mayor Frank Jordan and members of the Board of Supervisors strongly support a Charter amendment on the November ballot which would reform the City's much criticized salary system.

"It will allow the City to regain control of its employees salaries, and maintain acceptable levels of city service," said Mayor Jordan of the proposed amendment which voters will decide upon this fall.

"The simple fact is that the quality of life in San Francisco cannot improve and will continue to decline so long as every new dollar spent by the City goes to pay raises instead of services," said Supervisor Carole Migden, who originally backed the amendment with Supervisor Barbara Kaufman and the Mayor. "Progressive Democrats such as myself have traditionally supported organized labor down the line, and I continue to support labor on many issues," she added. "But how progressive is it to close down mental health clinics that primarily serve people of color and of low incomes, so that middle class and upper middle class city employees get pay raises."

"Our system of collective bargaining is unique in the state," said Supervisor Kaufman in a prepared statement. "(Our) system inevitably leaves a single, unelected person to set wages and salaries which cost the public tens of millions of dollars."

"I ran for public office to do what is right for the whole City and its people. I believe deeply that this measure is vital if we are to bring fiscal sanity to government, protect our current level of services, and provide our city employees with good jobs and good pay."

Mayor Jordan explained key ingredients in the proposed amendment including:

*Uniformity: "We will have a uniform system for all city employees based on state law and practices already used by other California cities,"

he said. "All city employees will be treated equally and fairly, eliminating current inequalities and the shocking salary excesses of many city employees."

*Accountability: Politicians will now longer be able to blame the City's unmanageable salary system on the Charter and the City's approximately 40 labor contracts covering its 25,000 employees. "There will be no paces left for politicians to hide if the public is displeased," added the Mayor. "Every elected official will be directly accountable to the voters for salaries and the City's finances."

*Fiscal Projections: For the first time, the amendment would mandate three year fiscal projections allowing "intelligent planning," said Mayor Jordan. "This means the labor agreements can be made according to the City's ability to pay."

*True Collective Bargaining: "As Supervisor Kaufman has stated, it makes no sense to bring in outside arbiters with no responsibility to the City to set city salaries."

*Salary Freezes: The amendment mandates a two year salary freeze for any city employees making more than \$75,000 per year, and a one year freeze for those making less than \$75,000 a year. A salary freeze of up to 18 months is also authorized if, at any time, the Controller certifies the General Fund will drop 2.5 percent more than anticipated revenues.

*Impasse Procedure: In an impasse, the City's last best offer would be implemented unless eight of 11 Supervisors vote to accept labor's last best offer.

"Quite simply, this amendment will let us hold the line," said Mayor Jordan. "By stopping for a breather, we will be able to assess our situation and move forward under a new system - a system that is fair to employees, responsive to voter expectations, and in touch with the fiscal realities the rest of the world has to live with."

Filipino Film Festival at Two S.F. Locations

Sine! Sine! - the First Filipino American Film and Video Festival, an ambitious showcase of the best in contemporary Philippine and Filipino American cinema, runs Tuesday, August 2 through Sunday, September 4 at Center for the Arts in Yerba Buena Gardens, 701 Mission St., and Saturday, August 13 through Thursday, August 25 at the Asian Art Museum in Golden Gate Park.

Occurring as part of the Filipino American Arts Exposition, Sine! Sine! is the first ever event of its kind held in the continental United States.

Screenings of rarely-seen films by world-renowned filmmakers Lino Brocka, Ishmael Bernal and Mike de Leon; exemplary works by emerging Filipino media artists and panel discussions examining the history, problems and prospects of Filipino cinema highlight these groundbreaking series of events.

Films showcased in the program include Lino Brocka's *Bono* (1980), *Macho Dancer* (1989) and *Orapronobis (Fight for Us)* (1989); Chito Rono's *Private Show* (1986); Ishmael

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Young scientists (l-r): Fan, Patricia, D.J. and Tiffany with dignitaries, displaying award certificates with pride.

VVES Students Win Awards in Science and Math

Four students from Visitacion Valley Elementary School and residents of the neighborhood won awards for excellence in science and math in the annual Science Explosion at the Whitney Young Center.

Awards in the successful event were presented by Dr. Robert Cervantes, assistant superintendent of public instruction, State Department of Education; Lynn Beeson, S.F. Mayor's Office of Community Development; Fred Jordan, chief probation officer, S.F. Juvenile Probation Department; and Carle Reid, executive director of the Whitney Young Center.

Congratulations are extended to these outstanding youngsters, with best wishes for a brilliant future in science and math.



Did you know the state Senate declared March 24, 1994 *Djalma Tillett Day* in honor of this young scientist of Little Vis? No wonder his grandma Ms. Walker looks so proud!

VVCC Applauds Its Volunteers

Visitation Valley Community Center has many wonderful volunteers deserving heaps of recognition and applause. Each year at the VVCC Annual Meeting, these volunteers are recognized for past contributions, but we think their praises should be sung far and wide. We'd like to mention five neighborhood gentlemen having assisted us above and beyond the call of duty.

Eugene Lee is always ready and able to help us with emergencies - a multi-talented person with a heart of gold - including the recent total breakdown of the venerable, really old VVCC bingo machine.

Walter Corbin - modern man, computer wizard and photographer's photographer - has given the community center assistance in untangling the most complex of digital knots time and time again. He has advised VVCC staff and volunteers and helped document Center special events as a photographer extraordinaire.

Tom Louie, another helpful VVCC neighbor, came out in the middle of the night to help us stop a gushing water leak caused by the theft of exterior water pipe. If you can believe this, someone actually stole pipe with a salvage value of less than five dollars from a building causing hundreds of dollars in damage, and a huge water bill to boot.

Joel Tate, president of the El Dorado School Neighborhood Betterment Council and very busy in his first year as a self-employed electrical contractor, still makes time to assist his neighbors - many are VVCC

members - with various community events, neighborhood organizing and crime prevention projects. He is an inspiration to many in the Valley.

Darwin Lee, who has assisted VVCC in repairing a countless number of things, helped us fix our outdoor floodlights when they malfunctioned. He has kept an eye on us, and we certainly feel safer for it!

Many more great men and women have assisted the Center, and we hope to periodically acknowledge each of them in return. We love and respect our volunteers who love and respect their community, and appreciate they choose to show it by contributing through and with VVCC. We hope to always be worthy of their example.

- Julie Kavanagh

| SAN FRANCISCO PUBLIC SERVICE NUMBERS | |
|--------------------------------------|----------|
| Abandoned Cars..... | 781-JUNK |
| Building Inspection Info..... | 558-6088 |
| Curb Painting (M-F 8-5 pm)..... | 554-2300 |
| DPW 24 Hour Emergency..... | 695-2020 |
| Electrical Inspection..... | 558-6030 |
| Garbage Complaints..... | 558-6461 |
| Graffiti Removal..... | 695-2037 |
| Illegal Parking..... | 553-0123 |
| Hazardous Waste Hotline..... | 554-4333 |
| Noise (construction)..... | 558-6096 |
| Noise (non-construction)..... | 558-4731 |
| Noise Nuisance (police)..... | 563-1012 |
| Parking Meter Out of Order..... | 821-5592 |
| Parking Permits (residents)..... | 554-4466 |
| Plumbing Inspection..... | 558-6054 |
| S.F. Beautiful Hotline..... | 421-2605 |
| Signs Missing or Damaged..... | 558-2096 |
| Spills (street area)..... | 861-8020 |
| Street/Sidewalk Inspection..... | 554-5837 |
| Street Cleaning (items)..... | 695-2017 |
| Street Lights Out of Order..... | 554-0730 |
| Traffic Lights Out of Order..... | 821-5591 |
| Water Dept. Home Emergency..... | 923-2400 |
| Water Dept. Street Breaks..... | 923-2500 |

Developing a Fair City Salary System

By Mayor Frank Jordan

Once in a while, something happens that truly deserves to be called historic. This column is about just such an event.

For the first time in this city's history, the Office of the Mayor, several members of the Board of Supervisors, representatives of the business community and executives of the City's employee unions have worked together to develop a city employee salary system that makes sense, is fair and is tied to the financial realities that each person has to face in these difficult economic times.

What this means is that the hard stand I have taken on salaries, through vetos and a voter petition Charter Amendment campaign I announced in June, has paid off.

Months ago, I determined that the City could not continue to operate under its present salary setting system. I also knew that the only way to salary reform was through the ballot.

With my full support, a group including Supervisor Barbara Kaufman, Supervisor Carol Migden, my Chief of Staff Jim Wunderman, my special assistant Terry Sellards, Deputy City Attorney Vicki Clayton, Brian Black of Deloitte & Touche and others worked to develop the ballot initiative that became the focus of a signature gathering campaign.

People from the neighborhoods, small businesses and civic groups re-

sponded marvelously to the signature campaign which was ably directed by campaign manager Jack Davis. The signatures rolled in by the thousands. It was a great volunteer effort throughout the City.

Because of the success of the campaign and the near certainty that the measure would pass in November, the stage was set for serious negotiations which resulted in a new agreement between city and labor.

Business, labor and Supervisor Kevin Shelley approached me to see if I would be willing to come to an agreement which the Supervisor would then place before the Board for approval for the November ballot. I said I would certainly meet, but that I would not agree to anything which did not achieve my overall goals for serious city fiscal management.

With this new city-labor agreement, I will bring fiscal sanity to the system without the necessity of an emotionally-charged and incredibly expensive election battle in November.

The first and most important element of the new agreement is its mandate to arbiters that further salary increases be tied to the City's "ability to pay."

Each year, that ability to pay will be projected over a three year period by a joint report of the Controller, the supervisor's budget analyst and my budget analyst. It would also serve as a guideline for all labor negotiations.

The second major element of the agreement is that it puts the brakes on and gives the City a chance to take stock in its situation.

Police, fire and Muni transportation salaries will be frozen for one year, and negotiations are underway for salary freezes for almost all other City employees. The freeze will save the City an estimated \$70 million.

That means a total savings of \$100 to \$110 million will be achieved.

Other important elements of the overall agreement include:

*The elimination of automatic pay raises - a part of the present system that is particularly offensive to San Franciscans.

*The end of the winner-takes-all arbitration. Only issue-by-issue arbitration guided by the City's ability to pay will be allowed, and strikes will not be allowed. This will force the parties to work harder to reach agreement, rather than choose arbitration.

*Any labor agreement must be subject to at least 14 days of public scrutiny, including a report on its projected public impact by the Board of Supervisors Budget Analyst.

I am proud to have led the charge against the present salary system and will be forever grateful to those who have supported me, particularly those of you in the neighborhoods who donated your time and your talents to right the City's financial wrongs.

Since the new agreement will be placed on the ballot by the Board of Supervisors for the November ballot, there is no need for the petition drive. I urge everyone to vote for the salary reform changes.

Air District Redefines Air Quality Zones

Air quality readings are now reported to the public using five zones instead of six the District had used since 1978. Daily air quality readings and forecast for the following day are sent to the media via Bay City News and Business Wire and are available by phoning 1-800-HELP AIR.

New air quality forecast zones encompass areas having similar weather patterns and levels of air pollution. Redefined reporting and forecast zones include:

Coast and Central Bay with the coastal areas of Marin, San Francisco and San Mateo counties and the Central Bay area stretching from San Carlos northward to San Francisco across the Bay to the ridgeline of the East Bay Hills from Oakland north to Crockett.

North Counties with the area east of the coastal ridge in Marin County, southern Sonoma County, Napa County and the Vallejo area of Solano County.

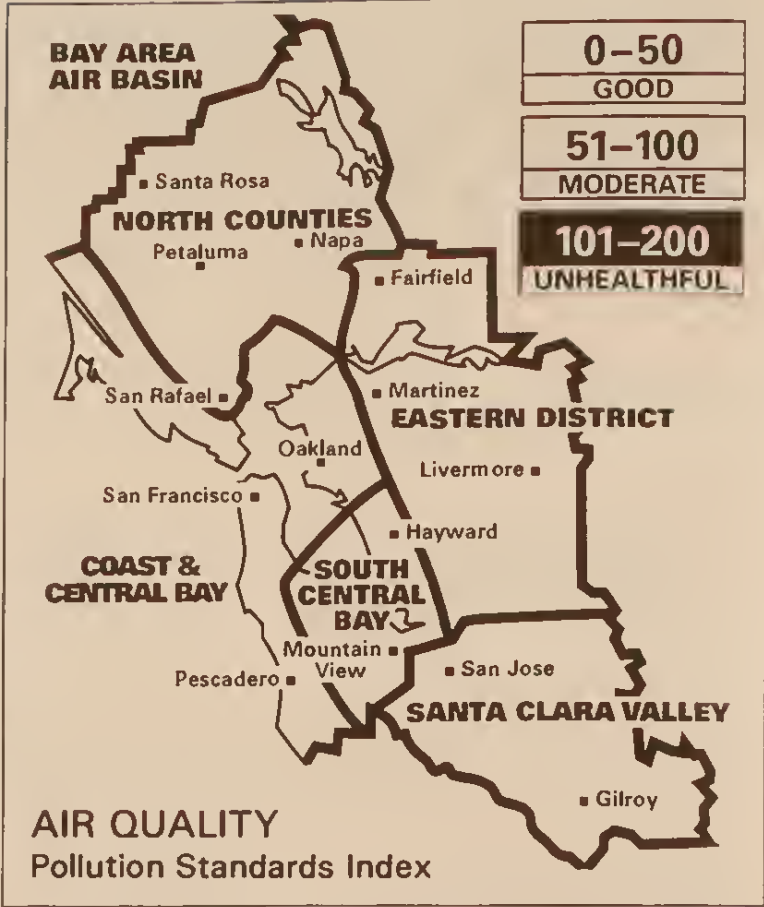
South Central Bay with the Peninsula area east of the coastal ridge, stretching from Redwood City to Mountain View and eastward to the ridgeline of the East Bay Hills from San Leandro to the southern border of Alameda County.

Santa Clara Valley with the area of Santa Clara County south of Mountain View.

Eastern District with those portions of Alameda and Contra Costa counties east of the ridgeline of the East Bay Hills, and including the portion of Solano County from Fairfield south and west to Benicia.

Formation of the new zones was brought about because of newly available and more precise meteorological and air quality information and by the use of more powerful computers to analyze data.

District meteorologists use several parameters to predict ground-level ozone concentrations - the main ingredient in smog. These include morning low and afternoon high temperatures at various locations in the Bay Area, the previous day's maximum ozone concentration, maximum nitrogen di-



Federal air quality standard is exceeded when a reading or forecast is above 100 PSI and the air quality is considered to be unhealthy for those individuals sensitive to air pollution - those with asthma, respiratory or heart conditions, the very young and the elderly.

oxide (and to a lesser extent nitrogen and total hydrocarbon) concentration in the morning, solar radiation, and height and strength of the inversion over the Bay Area. Ground-level ozone is formed by a photochemical reaction between oxides of nitrogen, volatile organic compounds and sunlight.

Weather balloons sent aloft at 4 a.m. and again at 4 p.m. from the Oakland airport gather the temperature, humidity, wind speed, and direction and atmospheric pressure readings. Surface wind speeds and directions at several locations are also gathered from the Federal Aviation Administration, the National Weather Service and from the District's own network of 25 meteorological towers. All data are applied to special ozone forecast equa-

tions that objectively predict quality of the air.

"The new methodology and forecasting zones will help more accurately predict a Spare the Air day - when the District asks the public to curtail or postpone those activities that contribute to the formation of ground-level ozone," said Air Pollution Control Officer Milton Feldstein. A Spare the Air advisory is issued when air quality conditions indicate the Air District will exceed the state's ozone standard of nine parts per hundred million.

Late fall and mid-winter Don't Light Tonight programs for curtailing activities that produce high levels of particulate matter and carbon monoxide such as woodburning will also be improved by the new forecasting methodology.

PICK UP YOUR FREE GIANTS POSTER AT THE LOCATIONS BELOW!!

GET FREE GIANTS TICKETS. YOU'VE GOT MANY CHANCES TO WIN. ENTER EACH TIME YOU RECYCLE.

GET IT. GOT IT. RECYCLE IT.

Check it out! Visitation Valley, OMI, Bayview Hunters Point, Excelsior and Mission residents can earn a pair of Giants tickets just by recycling.

From now till August 31st, turn in a Giants recycling card each time you recycle. That's 5 chances to win! Giants recycling cards are available at:

| | | |
|---|--|--|
| BAYVIEW HUNTERS POINT Joe Lee Recreation Center 139S Mendell St. Whitney Young Center 100 Whitney Young Circle Youngblood Coleman Recreation Center 1400 Hudson St. Paul of the Shipwreck 1122 Jamestown | VISITACION VALLEY Portola Recreation Center 500 Felton Visitation Valley Community Center 50 Raymond Visitation Valley Library 4S Leland | MISSION Mission Neighborhood Center 362 Capp Mission Recreation Center 74S Treat Columbia Park Boys Club 450 Guerrero St. Jose Coronado Playground 2773 21st St. Mission Playground 19th St. and Linda Las Americas Children's Center 3200 20th St. Mission Annex Nursery 421 Bartlett Health Center #1 3850 17th St. |
| OMI (Oceanview, Merced Heights & Ingleside) Ocean View Recreation Center Capitol and Montana Ingleside Library 387 Ashton Lucky 392S Alemany Payless 397S Alemany Ocean View Library 111 Broad Street | EXCELSIOR Cala 417S Mission Excelsior Library 4400 Mission St. Excelsior 579 Madrid (between Russia & Persia) Crocker Amazon Playground 799 Moscow Mission YMCA 4080 Mission St. | |

San Francisco RECYCLING PROGRAM
 (415) 554 6193

(partial list)

THAT'S THE **GIANTS** TICKET, RECYCLE!

Event '94 at Stern Grove



Picnic and fun with dance instructor Laura Ellis preceded the performance.



Stage dancing during Event '94.

More than 30 fifth and sixth graders from Visitacion Valley Elementary School joined students from several other private and public schools in late May for a city-wide dance performance at Stern Grove. Event '94 was attended by hundreds - from parents who bring families for picnics to corporate

sponsors contributing generously to performing arts programs in San Francisco schools. Having enrolled in weekly ethnic dance classes, Little Vis students participated for their second year in a program sponsored by *Nationwide Papers*, a neighborhood company having adopted the school since 1991.

Arthritis Foundation Warns of Epidemic

A warning from the Arthritis Foundation (AF) that the disease will be an epidemic of the future unless appropriate dealt with today came amid new projections released by the Centers for Disease Control and Prevention (CDC) showing an expected 57 percent increase in cases from 1990 estimates - more than 59 million Americans by the year 2020.

In a collaborative project bringing together arthritis researchers from several organizations, the CDC report estimates 38 million Americans had some form of arthritis in 1990 - about 15 percent of the population - with 18.2 percent of the population to be affected in less than 16 years. This dramatic increase is due largely to the

aging baby boomer generation now entering the prime years of arthritis onset.

Because arthritis prevalence increases rapidly after age 45, AF suggests people avoid excessive weight gain or loss - especially during middle age - to reduce risk in developing knee osteoarthritis. Signs of trouble include pain, swelling and limited movement lasting more than two weeks. Knowing early arthritis warning signs and seeking early treatment could make a difference, as would taking precautions to avoid joint injuries or repeated overuse of a joint.

For people already affected by arthritis, AF encourages regular exercise, use of heat or cold, and protecting joints from stress during daily activities to reduce pain and keep active, in addition to medication and early medical treatment. According to AF, six million people say they have arthritis yet have never seen a doctor for help, even though early treatment is essential to avoid future limits on daily activities.

Arthritis causes pain, limits movement and can make even the simplest tasks nearly impossible. It costs the U.S. economy more than \$54 billion a year, and is already the leading cause of disability in people over age 65. By planning for the future, funding more research and finding ways to prevent arthritis while utilizing steps already known in limiting or preventing its impact, human suffering and economic drain can be greatly reduced in the future.

WILBERT KING BATTLE

Family and friends paid final respects June 24 to Sergeant Wilbert King Battle of the S.F. Police Department who died June 19 after a long illness.

A 1969 honor graduate of Wilson High later earning a criminology degree, Sgt. Battle was one of the first African American cadets to join the SFPD in 1971. He later worked on special assignment for the S.F. Housing Authority - working with a gang task force and implementing an anti-crime program - and as a community liaison officer for the S.F. Redevelopment Agency before returning in 1993 to Potrero Station.

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COME TO CHURCH THIS WEEK

Interview: Sodium, and Its Relation to Hypertension

David A. McCarron, M.D., is professor of medicine and co-head of the Division of Nephrology, Hypertension and Clinical Pharmacology at the Oregon Health Sciences University in Portland. For the last four years, he also has directed a clinical nutrition research unit of the National Institute of Digestive, Diabetes and Kidney Diseases. A passionate and often outspoken researcher, McCarron is internationally known for his studies of dietary calcium, calcium metabolism and blood pressure regulation. In this interview, he explains the current scientific evidence on sodium and hypertension, and the possible role of other electrolytes in the development of high blood pressure.

What is the role of sodium in the body?

Sodium is one of two principal determinants of blood volume or extracellular fluid in the body. The other determinant is plasma and protein count, which changes over a much longer period of time. Blood volume is regulated precisely by the kidneys over 24 hours, such that all sodium chloride ingested the previous day is excreted in the urine - except for losses due to sweating, lactation or hemorrhaging. The kidneys know exactly how much excess sodium must be eliminated from the body to maintain proper blood volume, which is essential for life.

Does total blood volume affect blood pressure?

Yes. Blood pressure is the product of total blood volume times its resistance inside the human circulatory system or vascular tree. If system resistance is relatively low, the same blood volume will result in lower blood pressure. Conversely, the same blood volume facing high resistance would result in high blood pressure.

How much sodium do Americans consume? Has this amount increased in recent years?

About 95 percent of the sodium salts in our diets are sodium chloride or table salt; the remainder are derived from sodium bicarbonate (baking soda), mineral waters or other salt forms. Over the last 100 years, Americans' consumption of sodium chloride has remained surprisingly constant at about 3900 milligrams (mg) or about 3.9 grams per day. In terms of 24-hour urinary sodium excretion, this figure translates roughly into 140 to 160 millimoles (mM) of sodium per day. Although there may be tremendous variability in people's sodium intake from day-to-day, over several weeks their mean sodium ex-

cretion will range between 140 and 160 mM.

Is this true for other populations as well?

Yes. In 1988, a landmark international cooperative study known as Intersalt was conducted to assess sodium chloride intake throughout the world and its relationship to hypertension. Some 10,000 men and women, 20 to 59 years of age, were sampled in groups of about 200 each at 52 centers in 32 countries around the world. Except for four primitive societies who were low in salt intake and one center that was high, the remaining 47 centers had a mean urinary sodium excretion that ranged between 138 and 185 mM. The mean for the entire study population was 145-150 mM per day. Contrary to expectations, there was not a very dramatic spread in urinary sodium excretion among populations with different dietary habits.

What were Intersalt's findings on sodium intake and blood pressure?

The Intersalt project showed there is no relationship between sodium intake and blood pressure. It also showed there is no relationship between sodium intake and the prevalence of hypertension in populations, as measured by blood pressure readings or the use of anti-hypertensive agents. The study investigators did conclude, however, that the rate of rise in blood pressure with age was greater in those societies consuming more salt. The latter conclusion has been questioned, however, since the study was a one-time analysis and not a prospective evaluation of urinary sodium excretion and blood pressure. The data should be analyzed further.

Is sodium restriction beneficial to all individuals?

Studies show that dietary sodium restriction has a heterogeneous effect on blood pressure. That is, for some people sodium restriction causes a decrease in blood pressure, for some it has no effect on blood pressure and for others it actually causes a clinically significant increase in blood pressure. We need to study people whose blood pressures increase on sodium restriction diets, as well as those whose blood pressures decrease when they limit their sodium intake.

What other nutrients might contribute to this variable response to sodium?

Since the 1980s, there've been a number of studies suggesting that potassium, calcium, magnesium and other minerals can influence blood pressure response to dietary sodium. Studies suggest that restricting sodium

chloride can cause lower blood pressure, provided these other electrolytes are also present in the diet in sufficient amounts. Those with sufficient intakes of these minerals appear to be able to consume the highest levels of sodium with minimal impact on blood pressure. These findings might explain why some populations such as the French, who have very high intakes of sodium as well as calcium, have one of the lowest blood pressures anywhere in the world.

Are there gender differences between the development of hypertension?

Most Caucasian women do not develop hypertension until 50 to 55 years of age, or after menopause. Then, the prevalence of hypertension is two to three times higher than in men. Estrogen has a very powerful impact on calcium and mineral retention. Thus, its reduction after menopause could play a significant role in the development of high blood pressure.

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HYPERTENSION:
THE SILENT FACTS

*Optimal blood pressure with regard to cardiovascular risk is < 120 millimeters of mercury (mm Hg) systolic blood pressure and < 80 mm Hg diastolic blood pressure. High blood pressure is diagnosed at > 140 mm Hg systolic and > 90 mm Hg diastolic.

*As many as 50 million Americans have elevated blood pressure or are taking anti-hypertensive medications, according to data derived from the National Health and Nutrition Examination Survey (NHANES) III.

*Hypertension has been clearly shown to increase the risk of developing stroke, coronary heart disease, congestive heart failure and other life-threatening conditions.

*Prevalence of hypertension increases with age, is greater for African-Americans than for Caucasians, and in both races is greater in persons with less education.

*High blood pressure is more prevalent in males than females during young adulthood and early middle age; thereafter, the reverse is true.

*Blood pressure fluctuates on a daily basis; diagnosis of hypertension requires at least two elevated readings taken one to several weeks apart.

Source: National Heart, Lung and Blood Institute, the Fifth Report of the Joint National Committee on the Detection, Evaluation and Treatment of High Blood Pressure, 1993.



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Joyce Hollins & Staff

Recycle and Win
Giants Tickets

From Page 1

ing the names of winners in early September.

A limited number of free *Go to Bat for Recycling* color posters featuring Giants pitcher John Burkett and short-stop Royce Clayton are also available. They're going fast, so pick one up with your Giants recycling cards. Posters and recycling cards are available at more than 50 neighborhood recreation, youth and community centers, libraries and some grocery stores. For information on acquiring recycling cards and posters, please call 554-6193.

In addition to the summer telephone campaign, we've also placed 35 Recycling Bus Shelter posters in the Bayview, Hunters Point, Mission, Excelsior or Ocean - Merced - Ingleside neighborhoods to describe the campaign. Neighborhood youth are also delivering yellow recycling cards door-to-door in several neighborhoods.

This outreach campaign is part of the City's comprehensive response to a study where San Francisco remains top-ranked amongst California cities in recycling, although there is always room for more participation. Accord-

ing to a recent phone survey of 600 randomly-selected San Francisco residents, the study found 72 percent of City residents are recycling on a regular basis.

So, when you receive a call this summer, let us know what you think about the Recycling Program. Meanwhile, keep up the great recycling job and take advantage of the opportunity to win Giants tickets by filling out your recycling cards.

JTPA Offers Tools for the Workplace

In the not too distant past, all that a person needed to get a job was a strong back and a commitment to work. With the rise of new technologies, these qualifications alone no longer meet needs of the marketplace. Many people find themselves all too willing but unable to find adequate work.

Because of intent interest of employers in the development of more advanced job skills, the direction of job training is changing. A greater emphasis is being placed on acquisition of educational and employment skills rather than concentrating solely on job placement.

Through the Job Training Partnership Act (JTPA), Congress seeks to better serve the needs of employers and those Americans who find themselves on the outside of the job market looking in.

Ray Holland, vice-president of Private Industry Council (PIC) explains, "Aside from recognizing the multiple barriers that keep some people chronically unemployed, the new JTPA guidelines also focus on other important areas, including making black youth and young adults a priority and non-traditional employment for women."

"The largest increase in funds is under Title III, which is directed toward retraining dislocated workers. Allocations could increase as much as 300 percent to help those who lost their jobs to mass layoffs or plant clo-

Red Barn Festival at Stanford University

Performances depicting the horse's role from early California through modern times are scheduled August 20, 11 a.m. at the fifth annual Red Barn Festival at Stanford University.

Horses through the Centuries on the Palo Alto Stock Farm is this year's theme with Ambassador Bill Lane - former president and publisher of Sunset magazine - honorary chairman. Fine antique carriages will be on

display along with exhibitor booths, food, clowns, pony and wagon rides. A western barbecue and live auction will followed the day performance, with a western dance later that evening.

Tickets to the festival - located off Campus Drive West near the Stanford Golf Course - are available by calling 322-5713, with special prices for groups ten or larger.

Originally known as the Palo Alto Stock Farm, Senator Leland Stanford originally operated a world-class harness horse breeding and training center on the 8,800 acres of oak-shaded pastures, gardens and orchards that would become Stanford University. Having dominated the world of harness racing for years by producing many racing champions, developing a pioneering genetics program and instituting an innovative training regimen, the Stock Farm is today recognized as the birthplace of motion pictures due to Stanford's research into the productivity of horses and introduction of stop-action photos of racing horses.

Having stood more than 115 years, the Farm's stately victorian Red Barn, declared a California Historical Landmark in 1983, survived two major



Proudly posing stallion.

earthquakes this century, while an 1888 fire destroyed its twin. Several champion trotters housed there are buried in an adjacent stallion cemetery marked by an imported bronze statue. A life-size statue of Stanford's most famous stallion, Electioneer, welcomes students and guests at the complex entrance.

RECIPE CORNER

SUMMER, ITALIAN STYLE

Now that it's summer, the influence of sultry heat and longer days seems to make us want to slow down and simplify life. Recipes we cook at this time of year often reflect this attitude, with fewer ingredients, easier preparation and cooler kitchen activity.

So, does America's love affair with its favorite food - authentic Italian cuisine - slow down the summer, too? The answer is a resounding "no!" Home chefs around the country make the most store-bought pastas and tomato products. They simply "cool it" when it comes time to cook.

Following are recipes from Contadina proving great authentic Italian taste need not be compromised when taking it easy in the kitchen.

Sicilian-Style Pasta Salad

1 lb. dry rotini pasta, drained and chilled; 3 1/2 cups (two 14.5 oz. cans) Contadina Pasta Ready Chunk Tomatoes with Crushed Red Pepper or Pasta Ready Chunky Tomatoes with Three Cheeses; 1 cup sliced yellow bell pepper; 1 cup sliced zucchini; 1/3 cup (2.25 oz. can) sliced ripe olives, drained; 8 oz. cooked bay shrimp; 2 tbsp. balsamic vinegar.

In large bowl, combine all ingredients; toss well. Chill for 1 hour. Makes 12 cups.

Artichoke and Olive Salad

1 lb. dry rotini, cooked, drained and chilled; 3 1/2 cups (two 14.5 oz. cans) Contadina Pasta Ready Chunk Tomatoes Primavera; 1/2 cup Italian dressing; 1/2 cup (2 1/2 oz. can) sliced ripe olives, drained; 1/4 cup chopped fresh parsley; 1 cup (6 oz. jar) artichoke hearts, packed in water, drained and sliced; 1/4 cup sliced green onions; 1/2 cup sliced almonds, toasted.

In large bowl, combine all ingredients; toss well. Chill for 1 hour. Makes 12 cups.

Italian Tomato Bread

3 1/2 cups (two 14.5 oz. cans) Contadina Pasta Ready Chunk Tomatoes with Three Cheeses; 1/4 cup sliced green onions; 1 loaf (1 lb.) Italian or French bread; 1/2 cup (6 oz.) shredded mozzarella cheese.

In medium bowl, combine tomatoes and green onions. Cut bread in half lengthwise; scoop out 1/2 inch layer of bread to within 1 inch of crust. Spoon tomato mixture onto bread; top with cheese. Place on baking sheet; bake in preheated oven 450 deg. for 5 to 8 min. or until heated through and cheese is melted. Cut into 1-inch-wide diagonal slices. Makes 24 appetizers.

Cool Italian Tomato Soup

1 3/4 cups (14.5 oz. can) Contadina Pasta Ready Chunk Tomatoes with Crushed Red Pepper; 2 cups tomato juice; 1/2 cup half and half; 2 tbsp. lemon juice; 2 cups (1 large) peeled and diced cucumber; 1/2 cup (1 medium) diced green bell pepper; chopped fresh basil (optional); croutons (optional).

In blender container, blend tomatoes, tomato juice, half and half and lemon juice until smooth. Pour into large bowl or soup tureen; stir in cucumber and bell pepper. Sprinkle with basil and croutons before serving. Makes six servings.

Poached Seafood with Salsa

1 tbsp. olive oil; 1 large clove garlic, minced; 1/4 cup white wine or chicken broth; 4 (6 oz. each) salmon steaks or fillets; 1 3/4 cups (14.5 oz. can) Contadina Pasta Ready Chunky Tomatoes with Olives or Pasta Ready Chunky Tomatoes with Three Cheeses or Pasta Ready Chunky Tomatoes Primavera; 2 tbsp. chopped fresh basil.

In large skillet, heat oil; saute garlic for 1 minute. Add wine; bring to a boil. Add fish; cover and cook over medium heat for 6 to 8 minutes. Add tomatoes; cook for 2 minutes or until salmon flakes. Sprinkle with basil. Makes four servings.

FAMOUS
BIRTHDAYS

AUGUST

- | | | | |
|--|---|---|--|
| 1: Dom Deluisa (1933); Jack Haley (1900); Hugh Herbert (1887); Arthur Hill (1922); Henry Jones (1912); Francis Scott Key (1779); Herman Melville (1819); Sam Warner (1887) | 9: Melame Griffith (1957); Allan Fanna Hoskins (1920); Whitney Houston (1963); Robert Shaw (1927) | 18: Ann Blyth (1928); Robert Culp (1930); Frank Gifford (1930); Anita Gillette (1938); Eydie Gorme (1932); Timothy Hutton (1960); Madonna (1958); Julie Newmar (1935); Fees Parker (1925) | Dennis James (1917); Durward Kirby (1912); Al Molinaro (1919) |
| 2: Carroll O'Conner (1924); James Baldwin (1924); Victoria Jackson (1958); Gary Merrill (1915); Alan Reed (1907); Peter O'Toole (1934); Jack Warner (1892) | 10: Herbert Hoover (1874); Jimmy Dean (1928); Roanna Arquette (1958) | 17: Davay Crockett (1786); Robert DeNiro (1943); Meureen O'Hara (1920); Sean Penn (1960); Mae West (1892) | 25: Anne Archer (1947); Leonard Bernstein (1918); Clara Bow (1905); David Canary (1939); Sean Connery (1930); Elvia Costello (1954); Don DeFore (1937); Monty Hall (1925); Van Johnson (1918); Ruby Keeler (1905); George Wallace (1919) |
| 3: Elizabeth Ashley (1939); Joan Blondell (1912); Dolores Del Rio (1905); Jean Hagen (1923); John Landis (1950); Peggy Lipton (1947); Raymond Massey (1898); Fred MacMurray (1908); Jay North (1952); Ernie Pyle (1900); Martin Sheen (1940) | 11: Mike Douglas (1925); Alex Harvey (1921); Jerry Falwell (1933); Lloyd Nolan (1902) | 19: Bill Clinton (1946); Tipper Gore (1948); Jill St. John (1940) | 26: Jan Clayton (1925); Geraldine Ferraro (1935); Alice Ghostly (1929) |
| 4: William Schuman (1910) | 12: Cecil B. DeMille (1881); George Hamilton (1939); Buck Owens (1929); Marjane Reynolds (1921); Barry Sullivan (1912) | 20: Connie Chung (1946); Benjamin Harrison (1883); Van Johnson (1918); Isaac Hayes (1942) | 27: Barbara Bach (1947); Confucius (551 B.C.); Samuel Goldwyn (1882); Pee Wee Herman (1952); Lyndon B. Johnson (1908); Mother Teresa (1910); Martha Raye (1918); Al Ritz (1901) |
| 5: Loni Anderson (1946); Neil Armstrong (1930); John Huston (1906); John Saxton (1935); Robert Taylor (1911) | 13: Timothy Bottoms (1951); Fidel Castro (1926); Dan Fogelberg (1951); Pat Harrington (1929); Alfred Hitchcock (1899); Don Ho (1930); Bert Lahr (1895); Gena Raymond (1908); Regis Toomey (1902); Jane Wyatt (1912) | 21: Count Basie (1904); Wilt Chamberlain (1936); Kenny Rogers (1938); Clarence Williams III (1939) | 28: Charles Boyer (1899); Ben Gazara (1930); Nancy Kulp (1921); Donald O'Connor (1925) |
| 6: Lucille Ball (1911); Leo Camillo (1880); Robert Michum (1917) | 14: David Crosby (1941); Steve Martin (1945); Nehemiah Persoff (1920); Susan St. James (1946); Robert Woolsey (1889) | 22: Morton Dean (1935); Valerie Harper (1940); Norman Schwarzkopf (1934); Cindy Williams (1948); Carl Yastramski (1939) | 29: Ingrid Bergman (1917); Elliott Gould (1938); Michael Jackson (1958); Peter Jennings (1938); Robin Leach (1941); George Macready (1909); Preston Sturges (1898) |
| 7: Billie Burke (1888); B.J. Thomas (1942) | 15: Julie Child (1912); Mike Connors (1925); Huntz Hall (1919); Vernon Jordan (1935); Rose-Marie (1925) | 23: Gene Kelly (1912); Barbara Eden (1934); Shelley Long (1949); Vera Miles (1930); River Phoenix (1970); Pete Wilson (1933) | 30: Shirley Booth (1907); Ted Williams (1918) |
| 8: Keith Carradine (1949); | | 24: Garry Cooney (1958); Steve Guttenburg (1958); | 31: Richard Basehart (1914); James Coburn (1928); Richard Gere (1949); Debbie Gibson (1970); Arthur Godfrey (1903); Buddy Hackett (1924); Fredric March (1897); Van Morrison (1945); Daniel Schorr (1918) |

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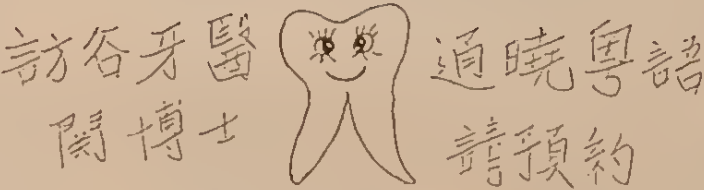
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Library Commission
Changes Its Regular
Meeting Time

Monthly full commission meetings of the S.F. Public Library Commission were recently changed an hour later to 5:30 p.m., meeting every first Thursday of the month in the Lurie Room of the Main Library in the Civic Center.

"We want to encourage more public attendance and participation in these meetings," said Library Commission President Jim Herlihy. "We hope that this later meeting time will enable more people to attend."

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Crossword
Solution

From Page 6

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ADC Deadly for Many Wild Animals

From Page 1

trivial by dogs.

*Baited sodium cyanide powder pellets - M44s - which explode in animals' mouths when bitten.

UNNECESSARY

But all of this killing is unnecessary. There are many ways to protect livestock without blasting away at the country's wildlife. Ranchers could use herders, dogs or other guard animals; scare tactics or repellents, while fences and other enclosures could pen animals.

Some critics of ADC say its very existence makes more practical methods to be ignored. After all, if ADC is willing to take care of a predator problem for a rancher, why should money be spent on non-lethal control methods?

Critics also stress ADC killing is backfiring because it actually creates more animals than it eliminates. Predator control programs can result in animals breeding younger with larger litters, resulting in increased numbers of predators and greater incidence of livestock attack.

ADC's killing spree also inflict untold environmental damage on delicate western ecosystems. Following are additional impacts, according to the Predator Project in Bozeman, Montana, inflicted by ADC on wildlife and

Minute Maze

habitats:

*Ecological imbalance by disrupting local native ecosystems and manipulating biological diversity;

*Unintentionally killing an eastern timber wolf, a bald eagle, a San Joaquin kit fox, and a California condor, as well as legally killing or relocating more than 200 protected gray wolves in northwest Montana and northern Minnesota over the past five years;

*Perpetuating the current anthropocentric wildlife/wildlands management paradigm by ignoring equal and inherent rights of all species to pursue their natural feeding and survival patterns.

KANSAS SET EXAMPLE

Standing as a shining example is Kansas with use of non-lethal control methods. Even though the state has some of the highest coyote population levels in the nation, it also has the lowest predation levels. Running its own wildlife damage control program for the last 25 years, Kansas emphasizes rancher education - teaching ranchers to not hate wildlife. It also stresses wildlife protection rather than predator killing, penning sheep at night, using guard dogs and disposing dead animals - those having died of natural causes - so they do not attract predators.

These preventive measures stand in stark contrast to most other western states, where ranchers do little or nothing to protect their animals from predators. In Wyoming, it is typical for ranchers to leave their sheep on the range for months at a time.

"If ranchers are leaving their doors

wide open for predators, what right have they to gun them down or poison them when they come to call?," questioned Friends of Animals President Priscilla Feral. "Non-lethal methods work. It is just easier to be cruel."

Critical investigations of ADC have already been done by the General Accounting Office, the Council on Environmental Equality, the Environmental Protection Agency, congressional subcommittees and independent universal panels. Yet the program still exists and continues to carry out its "death squad" activities.

Predator Project suggests the following alternatives to phase-out ADC and stop the slaughter:

*Decrease ADC's budget and mandate more of its funding for research, development and practice of non-lethal control. Require ADC to use non-lethal control measures prior to lethal control.

*Reduce or abolish the program, letting the consumer pay direct costs of letting nature take its course.

*Implement direct fee payment for ADC's "services," whereby a rancher or other user would pay ADC directly for the entire cost of its control work, rather than using tax dollars to fund ADC killing.

*Require those seeking ADC's assistance to first use non-lethal control methods (or appropriate animal husbandry measures), such as guard animals, fencing, scare tactics, proper burial of carcasses and avoiding areas of historically high predation.

*Establish insurance policies for those industries experiencing losses due to wildlife.

*Transfer desirable functions performed by ADC to other already-existing wildlife and wildland agencies.

REPORTS AVAILABLE

Predator Project has a new report available extremely valuable to any concerned citizen wanting to stop ADC killing. Analyzing ADC's budget in the West, it investigates how the public can influence appropriation and expenditure of funds, while helping citizens target ADC's congressional appropriations, and funding on federal, state and local levels.

For a copy of "Animal Damage Control: How Your Tax Dollars Subsidize Agri-Business by Killing and Harassing America's Wildlife," send \$10 to the Predator Project, P.O. Box 6733, Bozeman, MT 59711.

Another insightful new report issued from the Wildlife Damage Review, "Waste, Fraud and Abuse in the U.S. ADC Program," cites evidence and documentation contributed by activists around the nation presenting ADC as an antiquated and rogue organization. It is available for \$10 from Wildlife Damage Review, P.O. Box 2541, Tucson, AZ 85702.

Action Line, the Friends of Animals magazine

Juneteenth Celebrated at Towers



In a festive program of education, employment, health and activities, Juneteenth was celebrated June 18 in the Geneva Towers courtyard.

Filipino Film

From Page 1

Bernal's *Nunal sa Tubig (Mole in the Water)* and *Himala (Miracle)* (1982); Mike de Leon's *Kakababa Ka Ba? (Are You Nervous? Does Your Heart Beat Faster?)* (1980); Eddie Romero's *Agila (Eagle)* (1980); Marilou Diaz-Abaya's *Karnal* (1984); Elwood Perez's *Ang Totoong Buhay ni Pacita M (The True Life Story of Pacita M)* (1991); and *Philippine Tales I and II*, a collection of Filipino independent short film grantees of the Manila Film Festival and the Metro Manila Film Festival Executive Boards.

Also featured will be a retrospective of works by acclaimed Filipino Super

8 filmmaker Noel Lim. Other highlights include programs showcasing Filipino gay and women's cinema, works that deal with Filipino presence in American society and a compilation of exciting animation.

Shows at Center for the Arts at Yerba Buena Garden's Media Screening Room are Tuesday through Sunday at noon, 2 p.m. and 4 p.m. Tickets are \$3 and free for Center of the Arts members.

Screenings at the Asian Art Museum are at 5:30 and 7:30 p.m. during the Exposition. Tickets are \$7; \$5 for Museum Society members.

More information is available at 621-3223.

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| KWACHA | A | N | E | R | L | U | C | S | R | O | R | A | L | O |
| LEK | I | M | T | E | I | A | S | U | N | U | I | U | S | R |
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This Month in S.F. History

- AUGUST
- 1: In 1849, John W. Geary became San Francisco's last American alcalde. One year later, the former local postmaster, who had served as a colonel in the Mexican-American war, became the City's first mayor. In 1881, a U.S. Quarantine Station was authorized for Angel Island. In 1961, the new Hall of Justice at 850 Bryant St. was opened.
- 2: In 1873, Andrew S. Hallidie operated the first of his cable cars down the steep Clay St. hill, completing the six-block trial run between Jones and Kearney Sts. In 1923, President Warren G. Harding, having become ill at Grants Pass, Oregon during a tour of the western United States, died at the Palace Hotel.
- 3: In 1859, the S.F. Evening Picayune, the first evening newspaper on the Pacific Coast, commenced publication by Dr. J.H. Gihon & Co. at six cents an issue.
- 6: In 1866, an eight-hour work day was demanded by striking City plasterers.
- 8: In 1870, a contract for a preliminary topographical survey was awarded to W.H. Hall in the designing of Golden Gate Park.
- 10: In 1973, the first BART train traveled through the transbay tube under the S.F. Bay to the new subway station at Montgomery St.
- 11: In 1930, a minimum clearance of 220 feet was established by the War Dept. for mid-span construction of the Golden Gate Bridge, with clearance at both piers set at 210 feet.
- 15: In 1901, 30 tons of explosives destroyed the hazardous Arch Rock situated in S.F. Bay. In 1914, Muni began operating streetcars on its new
- H-Van Ness route, later to become the 47 Potrero.
- 16: In 1860, 60 acres of Lone Mountain were purchased by Archbishop Joseph Alemany to become part of the Calvary Cemetery, consecrated two years later on August 17.
- 18: In 1856, the Vigilance Committee held a large general review and parade to mark suspension of its operations. More than 3,000 men had served in its forces. In 1903, the maiden flight of Dr. A. Creth's experimental dirigible was made over the City.
- 20: In 1956, the Republican National Convention opened at the Cow Palace, soon to again nominate President Dwight D. Eisenhower and Vice President Richard M. Nixon for eventual victories in the November election.
- 22: In 1869, the City's first railroad freight, a varied assortment of footwear, arrived from Boston in just 16 days. In 1899, the first wireless telegraph transmission to be received in the U.S. was sent from the S.F. lightship to a station inside the Cliff House.
- 24: In 1893, ground was broken for the S.F. Mid-Winter Fair in Golden Gate Park.
- 29: In 1914, the Arizona became the first ship to arrive in S.F. Bay via the newly completed Panama Canal. In 1954, the reconstructed S.F. International Airport was opened.
- 31: In 1851, the clipper ship Flying Cloud, piloted by Capt. Cressy and carrying varied merchandise, set a long-standing sailing record of 89 days - surpassed only several years ago - from New York to S.F. traveling around Cape Horn.

Mayors of San Francisco

ANGELO ROSSI

"Always look for the good in people," Angelo J. Rossi would optimistically advise anyone wondering the secret of success, a way of life he carried from childhood to the City's top office.

Born January 22, 1878 in the Amador County town of Volcano, the Rossi family moved in 1890 to San Francisco where young Angelo began work as an errand boy. Laboring hard in a floral business, he soon gained partnership, became manager and eventually firm president of A.J. Rossi Floral Company.

Appointed by Mayor James Rolph to the Playground Commission in 1914, Rossi served seven years before becoming president of the S.F. Downtown Association in 1920 and election to the S.F. Board of Supervisors the following year. Losing his seat along with several supervisors during a clean-out campaign in 1925, he again was elected to the Board in 1929, becoming its president with a majority of votes.

Upon Mayor Rolph's election as California governor in 1930, fellow Board members selected Rossi San Francisco's 30th mayor on January 7, 1931. Voters retained their new chief executive that fall and again in 1935 and 1939. "I love being your mayor,"

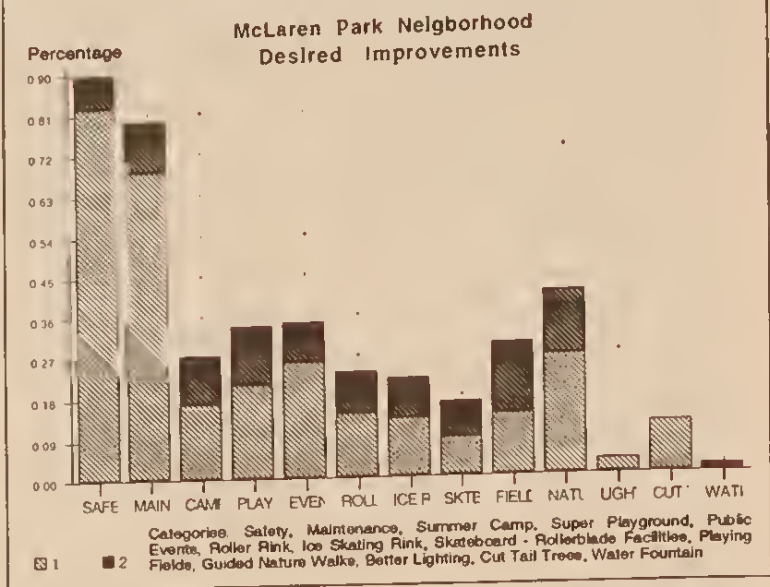
ADVERTISE IN THE GRAPEVINE
Per Issue: Full Page: \$160; 1/2 Page: \$80; 1/4 Page: \$45; 1/8 Page: \$25; 1/12 Page: \$15. 10 percent off six month contract. Deadline 20th of prior month.

Survey Polls Five Neighborhoods On McLaren Park

Nearly 200 surveys in both English and Cantonese from five neighborhoods have been submitted in the McLaren Park Neighborhood Survey. Results are summarized in adjacent charts, showing frequency of current use, kind of current use and desired improvements.

Having asked recipients to mark each desired improvement on a scale of 1-to-5 (very important to not all that important), only the top two categories for each park improvement on the survey are charted.

Additional suggested improvements having one or two votes in the very important category include: walking trails; community garden; swimming pool; horse stable again used for police patrol; picnic areas not so close to the street; par exercise course; bike trail; better landscaping; senior center; archery range; public toilets; clubhouse for teenagers; soccer fields; expanded golf course; facility for Tai Chi, aerobics and crafts; less underdeveloped woods, more picnic areas; a place for dogs to run without leashes; farmer's market on Saturday or Sunday; and paragliding.



Rocking Scopitone

Rock expert and record collector Wade Wright brings a Scopitone music movie player to the Exploratorium, on the museum floor from noon to 4 p.m. August 13 and 14. Featuring a revolving carousel reel of films, the coin-operated Scopitone was seen in hotel lobbies, bowling alleys, bus ter-

minals and cocktail lounges of the 1950s. Based on the idea of a jukebox but with a visual dimension, the Scopitone showed musicals of the day from Debbie Reynolds to Neil Sedaka performing their hit songs.

Located inside the Palace of Fine Arts adjacent to the Presidio, the Exploratorium is open daily from 10 a.m. to 6 p.m., Wednesdays until 9:30 p.m., through Labor Day.

Shake on Sodium

From Page 3

sure. Estrogen replacement therapy can have a beneficial effect on hypertension, although blood pressure should be monitored more frequently.

Does aging affect blood pressure?

Yes. Older people are at greater risk of developing hypertension because of their decreased efficiency in absorbing minerals through the gut and their decreased renal efficiency in maintaining electrolyte balance. But not all elderly need to restrict their sodium intake; in fact, some can develop dizziness and hypotension if they do not maintain adequate sodium chloride intake.

International Food Information Council

Hypertension and Sodium

The following are selected results from the Intersalt trial, showing average blood pressure and urinary sodium excretion per 24 hours. Rank indicates levels of urinary sodium out of 52 centers. A diet with two grams of sodium a day would produce a urinary sodium level of about 87 millimoles in 24 hours.

Source: Intersalt Cooperative Research Group

| Rank | Center | Urinary Sodium in Millimoles (mM) | Average Blood Pressure (mm/Hg) |
|------|---------------|-----------------------------------|--------------------------------|
| 1 | China | 245.6 | 119.4/70.5 |
| 2 | Japan | 212.4 | 117.3/72.1 |
| 3 | S. Korea | 208.2 | 112.2/71.9 |
| 6 | Columbia | 201.4 | 120.7/67.6 |
| 12 | Portugal | 181.9 | 132.6/76.6 |
| 27 | Argentina | 155.8 | 115.1/72.8 |
| 37 | USA (Hawaii) | 144.1 | 123.3/73.8 |
| 44 | USA (Chicago) | 140.1 | 114.0/70.5 |

National Park Service Events

- Reservations needed for most activities.
- AUGUST 3
- Fort Mason Center
- *Free Museum Day: Come experience cultural diversity in the art! The Mexican Museum, Museo ItaloAmericano, S.F. African American Historical and Cultural Society and S.F. Craft and Folk Art Museum will all be open noon to 8 p.m. at no charge.
- AUGUST 6
- Baker Beach
- *Seacoast Defense: Explore the military history of Battery Chamberlain and participate in a demonstration of the last six-inch disappearing rifle from 11 a.m. to noon. Meet the ranger at the gate to Battery Chamberlain at Baker Beach.
- Presidio
- *Main Post Historical Walk: Join a walking tour of the Presidio covering more than 200 years of San Francisco history, architecture, cultural landscapes and natural history from 10 a.m. to noon by meeting the walk leader at the Presidio Main Post flagpole (556-0865).
- AUGUST 7
- Fort Point
- *Pier Crabbing: Learn about equipment, bait regulations and other important aspects of crabbing in the Bay, weather permitting, from 2 to 4:30 p.m. Meet a park ranger at the Fort Point fishing pier with 50 cents bait fee (556-0865).
- AUGUST 13
- Alcatraz
- *Anniversary Weekend: National Park Service welcomes
- park visitors to Alcatraz to join former convicts, correctional officers and their families in commemorating the 60th anniversary of the jail's opening. Learn about life on the Rock through the eyes of people who were Alcatraz Federal Penitentiary. Convicts tell of serving time behind steel bars, guards talk of watching the criminals, and officer's family members share experiences of living on Alcatraz. Boats depart every 30 minutes from Pier 41 starting at 9:30 a.m. Advance reservations are highly recommended by calling Red and White Fleet for tickets (548-2700).
- Baker Beach
- *Junior Rangers: Become a Junior Ranger this summer! Enjoy an afternoon with rangers and volunteers exploring the beach and surrounding area from 10 a.m. to 2 p.m. Bring a picnic lunch and dress for the weather, meeting the ranger at the Battery Chamberlain Gate, Baker Beach. Limited to 25 (556-3535).
- Fort Funston
- *Nursery Talk: Visit the Fort Funston Nursery to learn about native plants, how they adapt to harsh weather conditions, and the Park's efforts to restore their natural habitat from 1 to 2 p.m. by meeting a ranger at the nursery (556-8642).
- Fort Mason Center
- *Fort Mason Center Tour: Take a guided walk through the cultural and recreational facility where more than 50 arts, environmental and cultural groups utilize converted military warehouses for museums,

- theaters, galleries, classes and workshops by meeting at the Fort Mason Center Offices, Building A at 11 a.m. (441-5706).
- Presidio
- *Mountain Lake to Fort Point Hike: Amble along the last three miles of Presidio founder Anza's route from 10 a.m. to 1 p.m. Meet Presidio docent Bob Halsey at Mountain Lake Park, returning by Muni 28 bus (556-0865).
- AUGUST 14
- Alcatraz
- *Anniversary Weekend: See August 13.
- Ocean Beach
- *Adopt-a-Beach Clean-Up Day: Bring friends and family to pitch-in and help clean up Ocean Beach. Participants receive a certificate of achievement after helping in three clean-up day programs. Bags are provided, but bring gloves from 10:30 a.m. to 12:30 p.m. Meet a ranger at the Sloat Blvd. parking lot at Great Highway (556-8642).
- Presidio
- *Presidio Architecture and Cultural Landscape: Examine the historic buildings and landscape on the Presidio and see how the post has developed since 1776, from 1:30 to 3:30 p.m. by meeting the walk leader at the flagpole in front of the Officers' Club at the Main Post.
- AUGUST 20
- Presidio
- *Main Post Historical Walk: See August 6.
- Sutro Heights
- *Sutro Heights Stroll: Join a walking tour of this splendid park, once the home of Adolph Sutro, from 2 to 3 p.m. by
- meeting a ranger at the Lion's Gate, 48th and Point Lobos Aves. (556-8642).
- AUGUST 21
- Crisis Field
- *Adopt-a-Beach Clean Up: Watch the Lorax movie, play nature games and then clean the beach at Crisis Field from 1 to 4 p.m. by meeting at the Fort Point Administration Building. Limited to 60 (556-3535).
- Presidio
- *A Walk on the Wild Side: The Presidio contains wonderful natural areas to explore. Learn about the plants, animals and geology of the San Francisco peninsula, weather permitting, from 10 a.m. to noon. Dress warmly (556-0865).
- AUGUST 28
- Ocean Beach
- *Beach Party Campfire: Bring sweaters, marshmallows, and join a ranger for an hour-long program at 7:30 p.m. by meeting at Lincoln Blvd. and Great Highway (556-8642).
- AUGUST 27
- Fort Mason Center
- *Fort Mason Center Tour: See August 13.
- AUGUST 28
- Fort Point
- *Pier Crabbing: See August 7.
- Presidio
- *Presidio Cemetery Walk: San Francisco National Cemetery is the final resting place of many famous and interesting people: pre-Civil War soldiers, a Union spy, an Indian scout, and 34 Medal of Honor recipients. Dress warmly and meet a walk leader at the entrance gate along Lincoln Blvd., 10:30 a.m. to noon (556-0865).

Book Review

Artillery at the Golden Gate: The Harbor Defenses of San Francisco in World War II by Brian B. Chin; Pictorial Histories Publishing Company, Inc., Missoula, MT; 174 pgs.; \$12.95

Profusely illustrated and well indexed with maps and informative text, Brian Chin, a San Francisco native currently working in television animation, has put together a well-researched book on military defenses around the City during World War II.

As San Franciscans anticipated enemy forces storming the skies to destroy the Golden Gate Bridge following the December 7, 1941 attack at Pearl Harbor, life in the Bay Area - along with the rest of the West Coast - suddenly became dominated by constant military presence: big guns, submarine traps, air raid sirens, blackouts, and the underlying paranoia of sudden destruction.

Grapevine Crossword

Solution on Pg. 4

ACROSS

1. Guard

7. Did eprint

10. Fertile

11. Be

12. Toss

13. Daytime (ab)

14. Seed

15. Grind

17. Ace

18. Sandre

19. Hence

20. While

21. Cover

24. Firm

27. Revise

29. Brew

30. Company (ab)

32. Santa

33. Seven across

34. Bowman

36. Finish

37. Account DOWN

1. Tree

2. Apium

3. Schedule

4. Rubidium (ab)

5. Aged

6. Hire

7. Intent

8. Land

9. Close

18. Guide

17. Single

22. Gem state

23. Eatery

24. Rabbit

25. Arkin

26. Breach

28. Pastry

30. Auto

31. Mineral

35. Compare (eb)



Grapevine Mailbox

TRIGGERED BUDGET

On July 11, Governor Wilson signed a two-year plan for balancing the state's budget. This 1994 budget agreement is premised upon a number of unrealistic assumptions. First, the budget package assumes the state's economy will recover from the recession and show modest, but steady growth through 1996 while anticipating \$3.6 billion in new federal immigration-related assistance over the next two-year period. Also part of the agreement is adoption of a trigger mechanism intended to ensure the two-year budget plan remains on track. In essence, the trigger will require automatic spending cuts implemented in either 1994-95 or 1995-96 if the state's cash position deteriorates and is not corrected by legislative action. These automatic spending cuts would be applied across the board to all General Fund spending programs -

Medi-Cal, AFDC, SSI - except those protected by the state Constitution or federal law. Consequently, health and human services will be under constant threat of cuts during the next two years if the state's economy fail to improve. Clearly, this budget reflects Wilson's desire to close the revenue shortfall by drastically reducing services to those most in need. I'd like you to know I voted against both cuts and inclusion of the Governor's trigger mechanism. John Burton
Member of the Assembly
Twelfth District

Valley Task Force Meets August 15

Visitacion Valley Task Force will hold its regular monthly meeting Monday, August 15, 6 to 7:30 p.m. at St. James Presbyterian Church, 240 Leland Ave. to further discuss housing, safety, youth programs and economic development of the neighborhood.

EUGIBILITY SCALE FOR FREE OR REDUCED PRICE MEALS

This scale is for determining child eligibility for free or reduced price meals if not recipients of: Food Stamp, Food Distribution Program on Indian Reservations (FDPIR), or Aid to Families with Dependent Children (AFDC) benefits. Children from households with incomes at or below the following levels shall be eligible for Free or Reduced Price Meals.

INCOME ELIGIBILITY GUIDELINES
July 1, 1994 through June 30, 1995

| HOUSEHOLD SIZE | Weekly | | Monthly | | Annually | |
|---------------------------------------|---------|---------|---------|-------------|-----------|---------------|
| | free | reduced | free | reduced | free | reduced |
| 1 | \$0.184 | 185-262 | \$0.798 | 799-1,135 | \$0-9,568 | 9,569-13,616 |
| 2 | 0-246 | 247-351 | 0-1,066 | 1,067-1517 | 0-12,792 | 12,793-18,204 |
| 3 | 0-308 | 309-439 | 0-1,335 | 1,336-1,900 | 0-16,016 | 16,017-22,792 |
| 4 | 0-370 | 371-527 | 0-1,604 | 1,605-2,282 | 0-19,240 | 19,241-27,380 |
| 5 | 0-432 | 433-615 | 0-1,872 | 1,873-2,664 | 0-22,464 | 22,465-31,968 |
| 6 | 0-494 | 495-703 | 0-2,141 | 2,142-3,047 | 0-25,688 | 25,689-36,556 |
| 7 | 0-556 | 557-792 | 0-2,410 | 2,411-3,429 | 0-28,912 | 28,913-41,144 |
| 8 | 0-618 | 619-880 | 0-2,678 | 2,679-3,811 | 0-32,136 | 32,137-45,732 |
| For each Additional Family Member add | +62 | +89 | +269 | +383 | +3,224 | +4,588 |

A household of one means a child who is his or her sole support. Foster children are one-member households only if the welfare or the placement agency maintains legal responsibility for the child. Household is synonymous with family and means a group of related or unrelated individuals who are not residents of an institution or boarding house, but living as one economic unit sharing housing and all significant income and expenses.

READY FOR WORK

A Free Job Preparedness Program For Youth Ages 14-17

- * Job Preparedness Workshops
- * Individualized and Career Counseling
- * Exposure to Various Worksites
- * Internships and Mentorships
- * Job Search Assistance

For more information, contact:
Sadie White, Program Counselor
Visitacion Valley Community Center
50 Raymond Ave. at Bayshore Blvd.
415-467-6400

Recruitment Currently Taking Place
HURRY! SPACE IS LIMITED!!

GRAPEVINE WANT-ADS
Private parties only. Up to 20 words for \$1. Extra lines 50 cents each. Mail ad and check by 20th of prior month to: Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

FREE Saturday ART CLASS! Art & Craft Therapy Murder Drawing & Writing
Visitacion Valley Community Center
Every Saturday 10:00 - 2:00
50 Raymond Avenue (at Bayshore)
(415) 467-6400 for info

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SERVING VISITACION VALLEY SINCE 1976

Are you involved in a conflict?
Resolve it peacefully at no cost.
For information or assistance, call:
863-6100

SE HABLA ESPANOL
有講粵語工作人員

August 1994

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|---|---|--|--|---|---|
| | 1 | 2 | 3 6-10pm Valleywide Parents' Council | 4 11:00am VVCC Senior Council Meeting 7:00pm ROSES meeting | 5 7-10pm Visitacion Valley Asian Residents' Assn | 6 10:00am Saturday Art Classes at VVCC (50 Raymond) |
| 7 1:00pm VVCC Bingo | 8 | 9 4:00pm VVCC Board Meeting 4:30pm 5 day clinic T-ransta Meet 7:00pm El Dorado N B C Meeting | 10 6:00pm Executive Park Advisory Committee-open to all | 11 | 12 | 13 10:00am Saturday Art Classes at VVCC (50 Raymond) |
| 14 1:00pm VVCC Bingo | 15 Via Valley Task Force - at 340 Leland 6:00-7:30 | 16 | 17 | 18 | 19 | 20 10:00am Saturday Art Classes at VVCC (50 Raymond) |
| 21 1:00pm VVCC Bingo | 22 | 23 | 24 | 25 USDA Surplus Food Distribution Day at VVCC | 26 1:00pm Visitacion Valley Improvement Club | 27 10:00am Saturday Art Classes at VVCC (50 Raymond) |
| 28 1:00pm VVCC Bingo | 29 | 30 | 31 | | | |

CALENDAR ITEMS FOR NEWS THIS CAN BE SUBMITTED BY 20TH OF PRIOR MONTH

July

| | | | | | | |
|----|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

September

| | | | | | | |
|----|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

CHECK WITH VISVALLEY YOUTH PROGRAMS FOR COLLABORATIVE EVENTS

Functional Handmade Works Featured at ACC Craft Fair

Things you can use at the table will be in great supply when 325 top craft artists from across the nation come together for three days at the 19th annual American Craft Council (ACC) Craft Fair San Francisco, Friday through Sunday, August 12 to 14 at Fort Mason's Herbst and Festival Pavilions. From traditional and decorative designs to contemporary and original pieces, this year's fair features a selection of innovative functional handmade work - stoneware teapots, painted earthenware plates, teapots of delicate porcelain, ash baskets, forged sterling silverware and all kinds of chairs. Many craftspeople will display tea and coffee pots, cups and mugs, and pitchers and creamers in booths exhibiting the distinctive, signatory style of the artist.

"There are always trends and phases in the craft world," explained JoAnn Brown, director of American Craft Enterprises, the show arm of ACC. "We're in a phase right now of practical, useable work. It's not that people have stopped buying art, however. Larger, social forces are at work and people have been more inclined to buy something to share; something for the home."

Opening each day at 10 a.m., fair hours last until 9 p.m. August 12, and

6 p.m. August 13 and 14. Admission is \$6, with children under 12 free. Both parking at Crissy Field and shuttle busses to Fort Mason are free. Food and drinks will be on sale at the fair, which is wheelchair accessible. Call 896-5060 for more information. "I see people turning to the pleasures of aesthetics; not just buying for an investment or buying lots of things they'll want to get rid of in a few years," said Robert Erikson, a Craft Fair exhibitor for the last eight years. "They're realizing what a value enduring quality is, and looking closer

to home for art and furniture; to artists in their own community." Celebrating 51 years, ACC is a national, nonprofit membership organization founded in 1943 by Aileen Osborn Webb to encourage craftspeople and foster appreciation of their work. "There's been a tendency throughout the country to take a more pragmatic approach," explained Brown of the crafts available at this year's fair. "People still want beautiful objects. They might want something they can leave out on the counter, but at the same time they can bake stew in it."

Punch and Judy at Fort Mason Center

In a wonderful version of *Punch and Judy*, Young Performers Theater presents the classic puppet show August 6 and 7 at 1 p.m. with European puppets. Punch, a slapstick comedian who laughs at himself and his misfortunes, is also a hero and philosopher who is happiest when his audience is laughing and enjoying his antics. Other puppets come and go, but Punch is universal. Tickets for performances at Fort Mason Center, Building C are \$7; \$5 for children 12 and under. Call 346-5550 for information.

SAN FRANCISCO PLANNING COMMISSION
ADVISORY COMMITTEE ON HAZARDOUS
WASTE FACILITY EXPANSION
ON TUNNEL AVENUE

Regular Meeting, August 1, 1994, at 7 p.m.
Korean Presbyterian Church
120 Lathrop Ave., San Francisco

Review of existing hazardous waste operations -
what is proposed to change?
Health Risk Assessment Presentation
Further information: 558-6319

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Food Choices

From Page 1

sample of 754 adults 18 years or older, only 27 percent of respondents said that favorite foods need to be eliminated for a healthy diet; 72 percent of respondents disagreed and one percent were unsure.

Seven out of ten persons also disagreed with the notion that foods good for you usually don't taste good.

"Americans are learning how to incorporate their favorite foods, including those that contain fat, into a healthy diet," said Sara Parks, R.D., president of the American Dietetic Association (ADA), which sponsored the survey in conjunction with the International Food Information Council (IFIC).

In short, that's good news for Americans who want foods that are both tasty and wholesome, but also for nutritionists who recognize that successful long-term dietary change must address individuals' food likes and dislikes.

In comparing the findings with a similar ADA/IFIC survey conducted in 1990, Americans continue to be very concerned about good nutrition

and want sound information on healthy eating. Their interest in diet and health continues at a fairly high level.

In 1994, 84 percent of Americans report being very or fairly concerned about diet and health, almost identical to 1990 (83 percent). Women and adults 50 years and older are more likely to be concerned than men and adults under 50.

MAKING PROGRESS

With regard to key nutrients such as dietary fat, progress in educating the public has been substantial. An overwhelming 71 percent say they have made changes regarding fat in their diet, a marked increase over the 42 percent who reported making such changes in 1990.

Sixty percent of respondents agree with the statement that higher-fat foods can be balanced with lower-fat food choices as part of a healthy diet, a four percent increase from 1990. Two-thirds also know that fat is an essential dietary nutrient. Some nine out of 10 (92 percent) respondents agree that controlling serving sizes of foods is important in achieving a healthy diet.

"Almost all (94 percent) consumers

surveyed believe that healthy eating means balance, variety and moderation," said Susan T. Borra, R.D., vice president of IFIC. "Clearly, this message has gotten through to the American public, which is essential because it serves as the foundation of a lifetime of sound eating habits."

MISCONCEPTIONS

Despite consumers' positive attitudes toward good nutrition, some misconceptions continue to prevail.

As in the 1990 survey, two-thirds of Americans surveyed believe there are "good" foods and "bad" foods, even though experts continue to advise that there are only "good and "bad" diets.

Consumers are also confused about the fat content of individual food in the overall diet. Some seven out of 10 respondents believe that foods should contain 30 percent or less calories from dietary fats, a similar response to the 1990 survey. Americans appear to be incorrectly applying the figure of 30 percent of calories to individual foods rather than to the total diet.

GETTING PHYSICAL

The large majority (85 percent) of adults surveyed recognize the importance of physical activity to maintain good health; another 12 percent say it is somewhat important.

Walking is the most frequently mentioned activity (55 percent) that adults say they do each week. Other activities cited include aerobic exercise (16 percent), bodybuilding (11 percent) and jogging (nine percent).

Twenty-two percent of respondents say they are more physically active now than they were five years ago, while 42 percent report their activity is the same. Slightly more than one-third (36 percent) report they are less physically active now than they were five years ago.

HEALTH INFORMATION

Where do consumers turn for information about diet and health?

As in the 1990 findings, respondents cite the media as the primary source of food and nutrition information for the general public. The most popular sources include magazine articles (73 percent), newspaper reports (65 percent) and television broadcasts (64 percent).

A growing percentage of people also are seeking nutrition advice from health professionals.

El Dorado Council Street Party



Merriment and plenty of good food were on hand June 18 as El Dorado Neighborhood Betterment Council sponsored its annual street party on Harkness Ave.

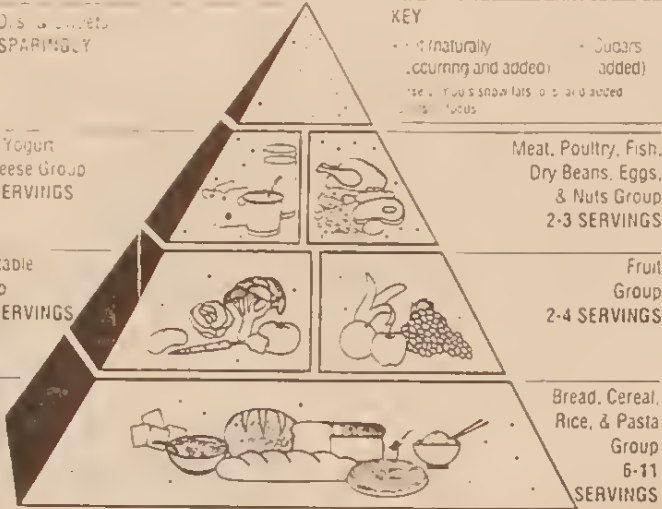
Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt
& Cheese Group
2-3 SERVINGS

Vegetable
Group
3-5 SERVINGS



Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS

Bread, Cereal,
Rice, & Pasta
Group
6-11
SERVINGS

Fruit
Group
2-4 SERVINGS

KEY
- - - naturally occurring and added fats, oils and added sugars
- - - sugars added

Three out of four adults say there are too many conflicting reports about food and health. Yet 40 percent wisely seek additional information to help sort out the conflicting findings. In contrast, 27 percent say they remain confused about which reports are right and 15 percent say they ignore all reports.

Of those who have heard specific nutrition news, 68 percent say they are very or somewhat likely to change their food choices.

"Scientists, health professionals and reporters must do a better job of distilling new diet and health findings for consumers and translating them into practical dietary recommendations," said Borra. "One excellent resource is the ADA's Consumer Nutrition Hotline."

The public can obtain advice on healthy eating by calling the toll-free Consumer Nutrition Hotline (1-800-366-1655) of ADA's National Center for Nutrition and Dietetics. Registered dietitians are available

between 9 a.m. and 4 p.m. central time, weekdays. Recorded nutrition messages on selected topics are available in both English and Spanish between 8 a.m. and 8 p.m., central time, Monday through Friday. New messages are featured each month.

International Food Information Council

FACT VS. FICTION

*A diet with 30 percent of calories from fat can contain both lower-fat and higher-fat foods. What matters most is not how much fat is in each food but how much fat you eat over the course of a day or several days.

*Use the Nutrition Facts panel on the new food label to help determine how much fat is in different foods and to balance your food choices.

*Look for lower-fat counterparts to your favorite higher-fat foods such as reduced-fat luncheon meats or low-fat dairy products.



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